

SURVIVING THE CORONA VIRUS, 2020

FOR KIDS

ABC MOUSE-free membership (CODE: SCHOOL 7771)

WWW.ACTIVITIESFORKIDS.COM [meaningful mama](http://meaningfulmama.com)

CHECK KIDS' SCHOOL WEBSITE

FIND A SCHEDULE TO FOLLOW (Teacher Truths)

FREE EDUCATIONAL WEBSITES (Scholastic)

GONOODLE (moving, mindfulness and curricular activities)

FREE VIRTUAL TOURS (museums, zoos, parks, etc)

WWW.LEARNINGANDEXPLORINGTHROUGHPLAY.COM

FOR TEENS

Car maintenance-change flat tire/check oil

Laundry

Sewing

Gardening

Balancing checking account

Cooking

Spring clean closet

Sort through pictures/make photo albums

Peloton App-free for 90 days

FOR ADULTS

Read a book

Clean out cupboards

meditate

Start a new hobby

take a walk outside

journal

Peloton app-free for 90 days

yard work

detail inside of car

FOR EVERYONE

PUZZLES

BOARD GAMES

OUTDOOR ACTIVITIES

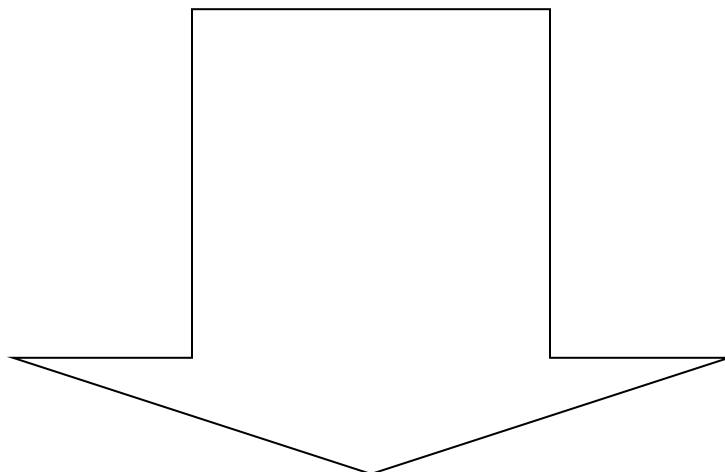
YARD WORK

ADOPT A HIGHWAY

WRITE NOTES/LETTERS TO ELDERLY OR THOSE WHO ARE NOT ABLE TO HAVE VISITORS

TURN TV OFF AT MEALS AND DISCUSS PLACES YOU WOULD LIKE TO GO, DREAM JOBS, ETC.

HERE'S MORE



14-Day Home Catch-Up Plan

1. Catch up on paperwork and filing.
2. Polish your furniture.
3. Wipe down your kitchen cabinets.
4. Inventory your food.
5. Do a repair that's been on your to-do list.
6. Wash ALL your bedding.
7. Wash your windows, inside and out.
8. Organize your spices.
9. Declutter a storage closet.
10. Declutter and organize your closet.
11. Declutter and organize kid toys.
12. Declutter and organize your craft space.
13. Tidy up your entry-way.
14. Clean out and detail your car.



Suggestions from David Susman, Ph.D. The Recovery Coach

1. Visit nature, alone, or with family members with which you live.
2. Read (the classics, the Chronicles of Narnia, The Harry Potter Series, Lord of the Rings, etc).
3. Talk to your friends.
4. Re-engage with your hobbies.
5. Clean, de-clutter and organize.
6. Family time.
7. Add a 20 minute wellness routine to your day.
8. work on that bucket list.
9. Rest
10. Be grateful

These are just some suggested activities to do when you are quarantined at home, but, technically, you could do them at anytime.

Don't forget, if you are planning on eating out, support your local businesses.

WASH THOSE HANDS!

